



Unique African Safari Experiences

Safari Life Crunchies



CRUNCHIES

750ml (3 cups) shredded coconut
250ml (1 cup) cake flour
1 litre (4 cups) oats
375ml (1 ½ cups) sugar
2.5ml (½ teaspoon) salt
5ml (1 teaspoon) ground cinnamon
250ml (1 cup) butter or margarine
60ml (4 tablespoons) golden syrup
10ml (2 teaspoons) bicarbonate of soda, dissolved in 60ml (¼ cup) milk

1. Preheat oven to 180°C (350°F)
2. Combine all dry ingredients
3. Melt the butter and syrup and add
4. Add the dissolved bicarbonate of soda
5. Press the mixture into a baking sheet so that the layer is about 1cm thick
6. Bake for 15 to 20 minutes
7. Cut into squares according to the preferred size, lift out and cool
8. The recipe yields about 72 biscuits.

Enjoy!